



# YOG MAHOTSAV 2025

21<sup>st</sup> June 2025 | 06:30 am to 08:30 am

BasketBall Court, Acharya Campus

## About the Program

Yog Mahotsav 2025 is a nationwide celebration launched by the Ministry of Ayush as a 100-day countdown to the 11th International Day of Yoga, centered around the theme "Yoga for One Earth, One Health." Inaugurated on March 13, 2025, in New Delhi, the program aims to promote holistic well-being through yoga by connecting communities across India and abroad.

### Objectives of the Program

- **Promote Physical and Mental Well-being:** Encourage the practice of yoga to improve overall health, reduce stress, and enhance mental clarity and emotional balance.
- **Raise Awareness About the Benefits of Yoga:** Educate people about yoga's holistic benefits for body, mind, and spirit, making it accessible and appealing to all age groups.
- **Preserve and Celebrate Ancient Indian Heritage:** Highlight yoga as a valuable part of India's cultural and spiritual heritage and promote its relevance in the modern world.

### Expected Outcomes of the Program

- **Increased Awareness and Participation:** More individuals become aware of the benefits of yoga and incorporate it into their daily routines for better health and wellness.
- **Improved Physical and Mental Health:** Participants experience reduced stress, enhanced flexibility, and improved focus and emotional balance through regular practice.
- **Cultural Appreciation and Unity:** Greater appreciation for India's cultural heritage and stronger bonds across diverse communities through shared participation in yoga
- **Adoption of a Healthier Lifestyle:** People become more mindful of their physical and mental health, leading to healthier habits and lifestyle changes.

Target Audience: Acharya Faculties

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## Committee Members

### PATRONS

- Shri B M Reddy, President, JMJ Education Society.
- Shri B. Premnath Reddy, Chairman, Acharya Institutes.
- Smt. Shalini Reddy, Executive Director, Acharya Institutes.
- Shri Krishna Basani Reddy, Managing Director, Acharya Institutes.

### ADVISORY COMMITTEE

- Dr. C. K. Marigowda, Principal, AIT

### CONVENER

- Dr. Kala Venugopal, HOD of ISE.
- Dr. Vijayashekar S S, HOD of AIML - DS.
- Dr. Rajanna K R , Dean of Student affairs.

### COORDINATORS

- Prof. Sushma T M , Prof. Ranjitha H M & Prof Vinutha Raghu, Department of Information Science and Engineering , AIT
- Prof. Nanda Kumar N & Prof. Vinutha M, Department of Artificial Intelligence and Machine Learning and Data Science, AIT
- Prof. Anitha R, Department of Mathematics,AIT

## Resource Person Details



### Ruthvik

**Designation :** Third-year student at Acharya Institute of Technology



### Chirashree

**Designation :** National Open Yoga Championship 2019 & 3rd Karnataka State Open Yoga Championship 2022. In 2024



### Acharya Institute of Technology

Acharya Dr. S. Radhakrishnan Road, Acharya P.O  
Soladevanahalli, Bangalore - 560107, Karnataka, India.

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### Event Coordinator

Prof. Sushma T M,  
Department of Information Science and Engineering,  
AIT